



# **Limitless: Core Techniques to Improve Performance, Productivity, and Focus**

*Jim Kwik*

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# Limitless: Core Techniques to Improve Performance, Productivity, and Focus

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**Limitless: Core Techniques to Improve Performance, Productivity, and Focus** Jim Kwik

**In this book, brain performance expert Jim Kwik will teach readers his core techniques so that they, too, can unleash their inner genius.**

For the last 25 years, Jim Kwik has helped everyone from celebrities to CEOs to students improve their memory, increase their decision-making skills, learn to speed-read, and unleash their superbrains.

In *Limitless*, readers will learn Jim's revolutionary strategies and shortcuts to supercharging their brains, with simple, actionable tools to sharpen the mind, enhance focus, and fast-track their fullest potential.

*"No matter your age, background, or level of education, you can learn new ways to use your brain. If you've been searching for better ways of coping and growing, I'm here to help you fall in love with learning again."*  
-- Jim Kwik

**Limitless: Core Techniques to Improve Performance, Productivity, and Focus Details**

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## **Keyo Çali says**

Have you ever seen the movie Limitless?

Eddie Morra(the main protagonist played by Bradley Cooper) complains about his lack of creativity in writing to Vernon, the brother of his ex-wife. Vernon wants to help and gives him an exclusive product, a pill called NZT-48, and says "They say we can only access 20 percent of our brains... well, this lets you access all of it!".  
and it did!

Ok, now let's get back to the reality,  
I have almost the same story(to be continued of course).  
One day I was complaining about being a slow reader to a friend...  
she wanted to help me and recommended this book  
and It's working!  
I just feel like I am LIMITLESS now  
this book is just like that NZT-48 pill  
believe me!

now I read a little faster than before(I practice every day)  
I study and work more organized and smarter than before  
I sleep better now  
I eat and drink healthier  
I am highly focused on things I do  
and my memory is getting better and better every day.  
there is an assignment in the book about improving your memory, and the author wants you to memorize 10 words in the order they are given. I used his technique to memorize them, it was about a week or two weeks ago that I read that page, and now that I am writing this review I still can remember them in order.

Fire Hydrant - Diamond  
Balloon - Knight  
Battery - Ox  
Barrel - Toothpaste  
Board - Sign

I am surprised!  
how can I remember such a random list( and believe me all I did was to give it a minute and visualize them in a funny way)...

all I have to say is  
Read this book and upgrade your brain.

Thank you Diana

## **Joe says**

Long on stories and talk about celebrity friends.

Long on recommending free online videos that are hour long adverts for expensive courses with zero content.

The book has virtually no useful content. It's just a very long and full marketing pamphlet.

Read the work of Tony Buzan instead. Much more useful content. Some of the anecdotes are stolen directly from Tony who popularised these ideas decades 30+ years ago.

**Bianca says**

**Good read**

Not disappointed with Kwik's book. But if you've dug the internet about him and especially his YouTube, most notions he presents in the book are a wrap up of that together with many great book references and borrowed ideas. There's no denying he does offer some novelty and he's talented at wording it. However if you're a voracious consumer of the contemporary self-help best-sellers then you'll notice the spin-offs. The parts where he inserted self-advertisement of his other products irritated me a bit and disrupted some of the content experience for me and the 25% end of the book was just references and index (which was too much for any book I'm reading and I've put this in reviews before). If you're not a voracious book reader then this book will all be new to you and I encourage you to read it. Some advice from it was really great and helpful and his methods of shrinking big ideas into acronyms has always been an easy tool. Expect repetitions of his work head to toe if you're already familiar with him in the media.

## **From Reader Review Limitless: Core Techniques to Improve Performance, Productivity, and Focus for online ebook**

**From reader reviews:**

**Matthew Hansen:**

Book is usually written, printed, or created for everything. You can realize everything you want by a e-book. Book has a different type. As you may know that book is important issue to bring us around the world. Beside that you can your reading talent was fluently. A guide Limitless: Core Techniques to Improve Performance, Productivity, and Focus will make you to end up being smarter. You can feel a lot more confidence if you can know about anything. But some of you think which open or reading the book make you bored. It is far from make you fun. Why they can be thought like that? Have you looking for best book or appropriate book with you?

**Virginia Kang:**

Now a day folks who Living in the era just where everything reachable by talk with the internet and the resources inside can be true or not need people to be aware of each facts they get. How people have to be smart in having any information nowadays? Of course the answer is reading a book. Reading through a book can help individuals out of this uncertainty Information mainly this Limitless: Core Techniques to Improve Performance, Productivity, and Focus book since this book offers you rich information and knowledge. Of course the data in this book hundred % guarantees there is no doubt in it you probably know this.

**Roland Collins:**

The book Limitless: Core Techniques to Improve Performance, Productivity, and Focus has a lot details on

it. So when you read this book you can get a lot of help. The book was authored by the very famous author. Mcdougal makes some research ahead of write this book. This kind of book very easy to read you will get the point easily after reading this article book.

### **Theodore Rivas:**

The book untitled Limitless: Core Techniques to Improve Performance, Productivity, and Focus contain a lot of information on this. The writer explains the woman idea with easy means. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read it. The book was authored by famous author. The author brings you in the new era of literary works. It is easy to read this book because you can please read on your smart phone, or device, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order it. Have a nice go through.

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